

LUCA Outdoor Athletics Series 2019

Match 1: Parliament Hill

23rd March 2019

TIMETABLE as of 20th of March 2019– subject to change.

The Competition Director reserves the right to amend the programme provided that sufficient advance warning is given to competitors. Please go to www.london-athletics.com for more information.

Where entry numbers require multiple races to be run, races will be seeded on predicted times provided on the entry forms. These can be found here: <https://www.london-athletics.com/competitions/outdoorseries/2018-19/match-1/>. The overall rankings will be based on the fastest times across all races.

Athletes have 3 jumps for Long and Triple Jump, 3 throws for Shot Put, Javelin and Discus and 3 attempts to clear each height for High Jump.

Athletes should report to their start area **10 minutes** before the scheduled start of track events and **15 minutes** before the scheduled start of field events. For events with multiple races, you should be present at the **start of the first race**, even if you have been seeded in a later race, in case of drop outs.

For those completing in multiple events, it is the athlete's responsibility to be present at each event at the appropriate times. For example, it is the athlete's responsibility to ensure they do not miss a throw/jump if competing in a field and track event at the same time.

Points are awarded to the top 6 athletes on a 7,5,4,3,2,1 points structure. In the team competition, only the top 2 athletes per university will score in each event.

Please note that medal presentations for the 10,000m will take place during the lunch break.



Match 1 – Parliament Hill Timetable – Saturday 23rd March 2019

TRACK					FIELD					
Call Time	Race Time	Event	Entries	Races	Call Time	Event Time	Event	Entries	Event	Entries
09:50	10:00	10,000m M & W	15&10	1	09:45	10:00	Long Jump M	13	Shot Put W	7
10:50	11:00	100mH WOMEN	4	1						
11:00	11:10	1500m WOMEN	14	1						
11:10	11:20	1500m MEN	11	1	10:45	11:00	Long Jump W	10	Shot Put M	16
11:20	11:30	110mH MEN	6	1						
11:25	11:35	100m WOMEN	15	2						
11:35	11:45	100m MEN	27	4						
11:50	12:00	400m WOMEN	4	1						
11:55	12:05	400m MEN	18	3						
12:15		Lunch (inc. medals for the 10,000m)								
12:50	13:00	400mH WOMEN	3	1	12:45	13:00	Triple Jump M&W	7&3	Javelin W	6
12:55	13:05	5000m MIXED Heat 1	18	1						
13:20	13:30	5000m MIXED Heat 2	15	1	13:35	13:50	High Jump M&W	7&5	Javelin M	12
14:00	14:10	400mH MEN	5	1						
14:05	14:15	200m WOMEN	14	3						
14:14	14:25	200m MEN	27	5						
14:30	14:40	800m WOMEN	6	1						
14:35	14:45	800m MEN	10	1						
14:50		Break								
15:05	15:15	2000m SC WOMEN	10	1	15:00	15:15	-	-	Discus M&W	8&3
15:30	15:40	4X100m WOMEN	4	1						
15:40	15:50	4X100m MEN	10	2						
15:50	16:00	3000m SC MEN	10	1						
16:15	16:25	4X400m WOMEN	5	1						
16:25	16:35	4X400m MEN	8	2						
17:00		EVENT FINISH								